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Photo by Spc. Creighton Holub

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'Hate cannot drive out hate, only love can do that'

BY AIR FORCE MASTER SGT. KIMBERLY SPENCER

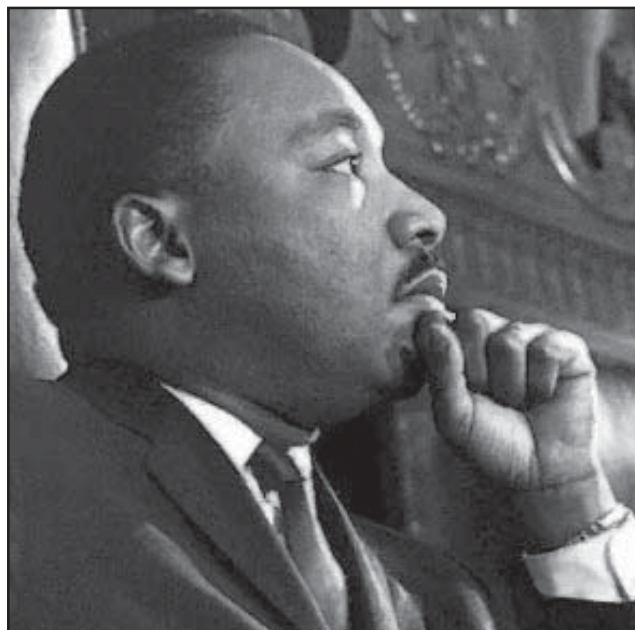
59TH MEDICAL WING PUBLIC AFFAIRS
LACKLAND AIR FORCE BASE, TEXAS

Dr. Martin Luther King Jr.'s words still ring as true today as they did 30 years ago. His contributions to our history helped a nation to right unspeakable wrongs, which were tarnishing the name "America."

Even after the Supreme Court struck down segregation in 1954, human rights offenses were both law and custom in much of America. Before King and his movement, a respectable black seamstress could be thrown into jail and fined simply because she refused to give up her seat on an Alabama bus so a white man could sit down. A 6-year-old black girl could be spit on by a white New Orleans mob simply because she wanted to go to the same school as white children. Highly educated black people were routinely denied the right to vote, serve on juries or buy or rent homes wherever they chose.

America needed the help of King. Within a 13-year span, from 1955 to his death in 1968, he was able to explain, expose and extricate America from many of the wrong doings going on. His tactics of non-violent passive resistance to racial injustice gave America the voice of reason needed at the time.

While his voice still rings in our ears, it is important to remember the heart of that of which he spoke. Many groups today ask for tolerance. Rather than resolving our differences, tolerance often means little more than leaving one another alone. It does nothing to promote understanding. There is little in the concept of toler-



ance to promote true compassion and acceptance of one another.

Tolerance has no cohesion or healing power in society. King did not speak in terms of tolerance. His ideal was love. Yet in current discussions of human relations the word love is seldom used. King insisted love was the dominant or critical value by which we could overcome racial strife. That same concept of love and acceptance is what is needed today.

The love he spoke of was a biblical love, one that is unconditional, unselfish and seeks the absolute good of another party. That kind of love is a tough love, one that confronts wrong and injustice with the truth that all people are created equal.

King will be honored over the next several days, with an official observance held Monday. These ceremonies and celebrations remind us of how his campaigns awakened the conscience of our society.

It is because of King and the movement that he led that the United States can claim to be the leader of the "free world" without inviting smirks of disdain and disbelief. He and the courageous men and women who marched beside him enabled our country to achieve greater heights through love and peace.

It is up to us to keep the dream alive, not just by tolerating one another, but also by loving one another.

Scout On The Street

What topic do you think deserves a national observance?



SGT. ADAM CASEY,
PHOENIX MILITARY ENTRANCE
PROCESSING STATION



SGT. JASON REFORMAT,
PHOENIX MEPS



PVT. BRAD SORENSEN,
COMPANY A, 309TH MILITARY INTEL-
LIGENCE BATTALION



PVT. AARON FELIX,
COMPANY A, 309TH MIBN.

Anything that will give us another four days off.

Super Bowl weekend.

Beach Boys day.

National remember you were a civilian.

The Fort Huachuca Scout

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DFAS overpays 53,000 Soldiers

BY ERIC W. CRAMER
ARMY NEWS SERVICE

Soldiers who saw an extra few hundred dollars in their mid-month January paychecks shouldn't spend it. The Defense Finance and Accounting Service made an error that will cause about 53,000 Soldiers to be paid too much in January. The Army will collect the funds from end-of-month paychecks to restore financial balance. Most of the affected Soldiers will receive overpayments of

between \$200 and \$300. There are 316 Soldiers who will receive overpayments of more than \$500, a DFAS official said. When the Army "draws back" the overpayments, it will take back the overpayments of \$500 and more in two installments, officials said, to reduce any potential hardship for Soldiers. Those who received less than \$500 extra will see the drawback in the January end of the month paycheck, Col. Kenneth Crowder, director of Army Pay Operations for the Defense Fi-

nance and Accounting Service, said those affected are Soldiers who have Army meal cards, but who are authorized for reimbursement for some meals. Crowder said an incorrect date entered into a computer database caused the error. He said DFAS was changing to the new rate for meal reimbursements, when a data entry error backdated the change to 2004. "It (the computer system) tried to apply the new rate to the entire previous year," Crowder said. He said DFAS is notifying the

affected Soldiers via their Army Knowledge Online accounts and through their chains of command.

"Every Soldier in -

involved will receive a specific, personal e-mail explaining what occurred and what the corrective actions are," Crowder said.



AAFES gives back to post community

BY SPC. CREIGHTON HOLUB
SCOUT STAFF

The Army and Air Force Exchange Service wraps up the 2004 fiscal year Jan. 29 and the local AAFES has given \$345,000 back to Fort Huachuca Morale Welfare and Recreation as of November.

"If you shop AAFES first, you're helping yourself," Post Exchange General Manager Stanley Young said. "If they spend it here, it goes back on post."

He also emphasized that shopping at AAFES saves customers about 28 percent compared to civilian competitors. "The amount you save on post, you can't beat it."

Even after the savings, AAFES manages to put back approximately 4 cents for every dollar spent at AAFES toward the MWR dividend.

Last year, the MWR received \$435,000 in dividends from the local AAFES while AAFES worldwide gave \$229 million back to the military.

The Fort Huachuca AAFES also gives back to the military community with a \$200-value coupon book to all Soldiers of the quarter and other similar awardees. It assists the local Mayor's group, FRGs and spouses' clubs.

AAFES is a Department of Defense entity that operates on military posts and in theaters of war. Mark-ups on items pay for employee wages, utilities such as electricity, and maintenance on its fixed assets like buildings. AAFES is self-generating, so it costs nothing to Soldiers or civilian tax payers for its operation.



Courtesy photo

Ways to donate to tsunami victims

SCOUT REPORTS

Recent tragic and devastating events in the tsunami-hit region of Asia have triggered an outpouring of relief and aid from people all over the world - including the United States. Under normal circumstances, other than through annual Combined Federal Campaign effort, the solicitation for aid to help the tsunami victims would generally be prohibited in the federal workplace.

However, in an effort to aid relief efforts, two major initiatives have taken place. First, on Jan. 7, President George W. Bush signed legislation that

permits donors to receive a tax deduction on their 2004 taxes for cash contributions for tsunami relief made to domestic, tax-exempt charitable organizations that provide assistance to individuals in foreign lands. To qualify for the 2004 tax year, gifts must be made by Jan. 31.

And on Dec. 20, the Office of Personnel Management authorized federal agencies to allow a special solicitation in the workplace, outside the Combined Federal Campaign window, for victims of the Asian earthquake and tsunami.

The Department of Defense's implementing guidance permits solicitation in

the federal workplace for this effort, but limits it to giving information about the relief effort and soliciting direct donations to the two charitable organizations found at www.usaid.gov or www.usafreedomcorps.gov.

No other solicitations in the workplace may take place such as direct collections of cash from employees. The garrison commander may also approve upon request private organizations to solicit donations for the relief effort in designated common areas (such as at the Post Exchange). These efforts are not considered "solicitation in the workplace."

CDC Education technician named civilian of year

SPC. MARCUS BUTLER
SCOUT STAFF

The winning nomination for Fort Huachuca's civilian of the year of 2004 is Helen Sites, DCA Y/S.

Sites is a lead education technician in the Child Development Center hourly care program. She is constantly looking for ways to change her program to better meet the

needs of the community, said Heidi Malarchik, formally with child and youth services.

In the summer of 2001 she moved her entire program to a new classroom space. She increased the number of child care spaces by 20 and created an hourly care program for infants and toddlers. Typically, adding spaces for children under the age of three costs the organization addi-

tional labor dollars. Due to Sites diligent effort at marketing and maximizing program space her program remain financial viable.

Sites manages an hourly program for children age 6 weeks to 6 years that best meets the need of the Fort Huachuca community, and maximizes the use of child care spaces to ensure everyone needing hourly care is

served. She also plans and conducts an effective child development program to meet the physical, social, emotional, and cognitive development of each child based on stated goals and the curriculum plan. She arranges the room and play materials to accommodate the daily schedule of the children.

Her classroom reflects the lives of the children and their

families, said Malarchik. She serves over 300 different families per year.

Sites interacts with children and helps children develop self-help skills. Also, Sites conducts child observations and plans appropriate individual activities based on the observations.

The responsibilities for

See SITES, Page 5

MPs enforce speed limits

BY SPC.SUSAN REDWINE
SCOUT STAFF

Can you afford to speed? That's the motto this month as the military police crack down on drivers ignoring speed limits on post.

The MPs are going to be extra vigilant this month about speed enforcement on installation roads, as well as increase the awareness of speeding on post, said Master Sgt. Thomas Ransford, provost sergeant, Directorate of Emergency Services.

"We always have someone running radar on post, but we're going to increase that and target specific areas that are problematic for speed," Ransford said. The areas that are major concerns are school zones and areas of intersecting traffic, he said.

He also noted that the en-

trances to post are areas where people are likely to speed because the speed limit is higher and the roads are so open it's easy to go faster than the posted speed.

Ransford said the focus on the campaign is to prevent speeding rather than enforce it.

The increased presence of MPs along roads will cause people to put the foot on the brake and adhere to the limit, whether or not people are being pulled over, he said. The effect will be the overall reduction of speed of traffic.

The anti-speeding initiative began at the garrison command level, where Col. Jonathan Hunter, garrison commander, displayed a concern for the excessive number of individuals speeding on the installation, Ransford said. Therefore, not only are the MPs trying to vis-



Courtesy photo

Military police on post will be cracking down on people who speed.

ibly reduce the number of overall speeders on post, but they want to get the word out that fines from tickets are probably not worth the little time saved going over the speed limit.

Ransford noted that the garrison is only approximately five square miles. Therefore, going 10 mph over the speed limit will

only get you to your destination a few seconds faster.

Additionally, the moving citations that the MPs issue can require the person ticketed to pay fines ranging from \$26 to \$455, appear in magistrate court, or, if an individual incurs excessive points on the installation, that person could have their driving

privileges on post suspended, Ransford said.

"The increase in speed reduces reaction time to unidentified hazards and increases the likelihood of a more serious accident," Ransford said. "The benefits of speeding never outweigh the hazards it creates," Ransford said.

Time running out for commissary scholarship

BY SPC. CREIGHTON HOLUB
SCOUT STAFF

The fifth annual Defense Commissary Agency Scholarship for Military Children deadline is rapidly approaching for eligible individuals.

Dependents have until the close of business on Feb. 16 to get a completed application to any commissary. Mailed applications must arrive at the store before the same

deadline, even if postmarked earlier.

So far, no one has turned in a completed application to the Fort Huachuca commissary. Applications are available at www.commissaries.com.

The scholarship is available to children of active duty, reserve, guard, retired military personnel and to the survivor of a deceased military member only according to www.militaryscholar.org. Students must also be unmarried dependents under 23

years of age, have at least a 3.0 cumulative grade point average on a 4.0 scale. The applicants' eligibility will be verified by the DEERS database, and a valid dependent ID card.

"If a person is in that criteria where they have a 3.0 (GPA) and they have a valid ID card, they have nothing to lose by filling out an application, (and) doing the essay because a \$1,500 scholarship is very valuable," Fort Huachuca commissary store

administrator Robert Oates said. Every commissary is guaranteed at least one winner, for at least \$1,500, Oates said. "Winners can reapply the following year."

The applicant must be planning to work toward his/her first undergraduate degree carrying a full-time course load. No scholarship will be awarded for those pursuing an associate, second undergraduate or graduate school degree according to the Web site.

Commissary benefits continue through illness, deployment

DEFENSE COMMISSARY AGENCY NEWS RELEASE

Having both parents deployed can be very troubling for the children left behind. But thanks to a little-known Department of Defense directive, military children can continue to enter the friendly confines of any commissary. Agent authorization benefits any authorized commissary shopper who needs assistance shopping or who cannot shop because of disability, illness or infirmity, as well as the children of service members who may not be available due to deployment, remote assignment or casualty.

Agent authorization is not granted by the Defense Commissary Agency. It is administered and managed by the installation commander through the local pass and identifica-

tion office.

"We want to provide a touch of home for children whose parents are deployed, and often family finances are stretched to the limit," said Patrick B. Nixon, acting director and chief executive officer for Defense Commissary Agency. "Whether they're buying for a toddler or a teen, we can help the agents get the best value on groceries and personal care items by providing savings of 30 percent or more. It's just one less worry deployed parents will have."

The agent does not have to be an authorized commissary shopper. The military member may request an agent authorization to allow the individual who is the primary caregiver for the children of deployed parents to enter the installation. Non-military primary caregivers should contact



the identification card section on the installation to determine what legal documents, such as power of attorney, may also be needed to establish proof of caregiver status. At the same time, the individual can ask about gaining ac-

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SITES, from Page 3

serving as a child and youth services hourly care program leader with the responsibilities for providing a safe and nurturing environment for the children entrusted into her care.

The other nominations for civilian of the year for 2004 were Judy Elmquist, Communications Security Logistics Activity, Linda Feliciano, U.S. Army Intelligence Center and Fort Huachuca, command group, Martin R. Sindelar, Force Integration, assistant chief of, G-3, Headquarters, Network Enterprise Technology Command, Annie Myles, Communications Security Logistics Activity, Trent Fields, Directorate of Plans, Training, Mobilization & Security, Debry Corneday, Morale, Welfare and Recreation, chief and youth services, Dante Velasquez, Raymond W. Bliss Army Health Center, Linda Reed, Morale, Welfare and Recreation child and youth services, Tanja Linton, U.S. Army Intelligence Center and Fort Huachuca, Public Affairs Office, Philip Martin, Raymond W. Bliss Army Health Center and Kenneth Ploskonka, Communications Security Logistics Activity.

"Ms. Sites is an exceptional Child

Development Center leader and program manager," said Malarchik. "She is an early childhood professional who always searches for ways to better serve her customers. She always strives for improvement within her classroom. She is a positive role model for the parents and co-workers. Her classroom is a high quality learning and character-building environment where children are challenged to solve problems and grow cognitively, physically, and socially. She makes an extraordinary difference in the lives of the children she teaches and the families she serves."

As reward for her accomplishments, Sites received the Commanders Award for Civilian Service, a plaque from the Association of the United States Army, a plaque from Geico, recognition by the Sierra Vista Chamber of Commerce and her name as Civilian of the Year posted at the Main Gate for one year.

Sites has been in civil service for 17 years.

Nominate your deserving employee for Fort Huachuca civilian of the month.



Photo by Spc. Marcus Butler

Helen Sites, civilian of the year, helps Reheem Ramsey with his alphabet animal puzzle.

Per Fort Huachuca Regulation 690-5, all permanent appropriated fund and non-appropriated fund employees are eligible with the exception of employees officially assigned as supervisors

(GS-10 and above) and senior executive service personnel. For more information on how to nominate someone for civilian of the month call, Shari Worthey at 533-5282.

Civilians help Soldiers be heard

BY STAFFSGT. JEFF TROTH
NETCOM PUBLIC AFFAIRS

Americans constantly see and hear about U.S. and coalition military forces fighting the Global War on Terrorism in Afghanistan and Iraq. They do not hear about the numerous civilians working so the military can complete their mission.

Unheard of are the 30 Department of Defense and contracted civilians that Network Enterprise Technology Command/9th Army Signal Command has deployed to Southwest Asia to support the troops. Their mission is to improve and maintain communications for the military.

Two of NETCOM's civilian warfighters, Edward Griswold and Sylvester Payne, were recently awarded with the Superior Civilian Service Award for their contributions in Afghanistan. This is the third highest Department of the Army award granted to civilians.

The two project managers,

who work for NETCOM's Information Technology Integration Directorate, began traveling to Southwest Asia in August 2002 with a site survey to determine what was needed to commercialize the tactical communications sites in that country. Then, in 2003, they started 5-to 6-month trips to upgrade the existing systems.

"We commercialized it to free up the tactical assets for redeployment," said Payne. "This way as units come and go (deploy and redeploy) we don't have to worry about switching out equipment, which means the system will have to be down during that time period."

Facilities were set up in Afghanistan, Kuwait, Djibouti and Uzbekistan, that provided better unclassified, classified and coalition networks as well as Defense Switching Network services.

"In Afghanistan we improved service at the U.S. Embassy, Kabul compound, ISAF (International

Security Assistance Force) compound, Kabul International Airport, and Camp Phoenix," said Griswold. "At the embassy, we put up a one hundred foot monopole that improved their communications by one thousand percent."

This increase was accomplished by mounting new and existing antennas on the pole. By moving one of the embassy's antennas to the monopole, the range of their walkie talkies was doubled.

The new system has also increased the bandwidth from 1 megabyte to 45 megabytes for the embassy and Kabul military compounds. All these changes help the embassy personnel communicate better amongst themselves and with the rest of the U.S. and coalition forces, and thus do a better job helping the Afghani people, according to Griswold.

Griswold said the improvements that he and his team made in Afghanistan are important because "commanders rely on them

heavily for their command and control of their troops."

The new systems do not only have an impact on tactics but also morale.

"During Desert Shield we

didn't have any of this available to us," said Payne, who was an infantryman during the first Gulf War. "Now they have Internet cafe

See **CIVILIAN**, Page 14



Courtesy Photo

NETCOM civilians install equipment in the tech control facility. This equipment will improve and increase communication equipment in the Kabul area.

Kudos

Post says thank you to people who save money

Cost warriors for the month of January are:

Tom Webb, Directorate of Public Works, Environmental Division

Webb's initiative was to convert 81 diagrams into a single Microsoft word document, and combine it with the first part of the Installation Spill Contingency Plan, making the whole plan one document and one file. The software used to view the ortho photos exports a GIF image, which is converted to a JPG image to reduce file size, and then inserted into a Microsoft Word document. Microsoft Word is then used to superimpose the ISCP data. The previous method used

was with a contractor and Computer Aided Drafting. At about 100 hours at \$45.00 per hour the cost equaled approximately \$4,500 dollars. In-house the new method takes about 40 hours at \$30.83 equaling \$1,233. Cost avoidance with this initiative is \$3,267.

Sandy Chambers, Directorate of Emergency Services, Law Enforcement Division

Chambers' initiative saved approximately \$3,600 in supply expense, by borrowing four Motorola handheld radios rather than purchasing them. A new radio system will be installed in fiscal year 2005, and rather than replace present problematic radios with ra-

dios incompatible with the new system, the decision was made to borrow radios for use until the new system is in place which will include new, compatible radios.

Gail Kraus, Directorate of Plans, Training, Mobilization and Security, Plans and Operations Division

Kraus' initiative is to reduce the paid APF hours of operation of the IOC from 24/7 to 16/5, by covering the graveyard shift midnight to 8 a.m., holidays, and weekends with on call duty personnel. This will give a direct labor savings on holidays of \$7,317.60, a direct savings on military training holidays of \$2,439.20, and savings on graveyard shift

and weekends of \$132,204. The total savings in this initiative is approximately \$141,961.44.

Roger Harder, Directorate of Information Management, MEO Program Manager Division

In the past, updating the global e-mail list meant multiple man hours of work to prepare our files to send and then wait to receive and process the updates from other major commands. By utilizing an FTP application and writing scripts to transmit and receive the updates, this process has been fully automated and runs unattended in the background. This results in a savings of \$2,784 yearly.

EOD robots performing tech wonders in Iraq

BY SPC. JONATHAN MONTGOMERY

Whenever an Explosive Ordnance Disposal technician heads downrange, one thing is certain: the robot goes first.

"The cost of losing a robot is not nearly as close as losing a trained EOD person," said Sgt. 1st Class

Gregory Carroll, noncommissioned officer in charge of the 184th Ordnance Battalion, an EOD Robotics team from Fort Gillem, Ga., deployed to Baghdad. "Time on target is our biggest danger, and these robots eliminate us from having to go downrange if we don't have to."

Since their EOD inception, robotic systems have saved numerous lives by helping to wipe away the threat of improvised explosive devices and vehicle-borne IEDs encountered daily throughout the Iraqi theater of operations.

Not surprisingly, 95 percent of all EOD robots are used for reconnaissance missions and delivering explosives to the hazard for detonation, said Carroll.

"We wouldn't have EOD guys if we didn't have robots to take the hit," he explained about the constant number of IED casualties along main supply routes and in close-quarter urban areas. "These robots are a human cost-saving mechanism."

In addition to taking an IED blast, EOD robots also get shot at by small arms fire, added Carroll.

These "man-portable" robots, initially employed by infantry units for advance scouting purposes, dually serve as multi-versatile, lightweight machines supplementing EOD teams on the roads of Iraq.

"The IED threat is so critical," said Cpt. Jason Souza, officer in charge of the 184th EOD Robotics team. He added that the EOD missions in both Iraq and Afghanistan have exceeded the demand for robots.

The robots, able to be thrown in the back of a chopper or tactical vehicle with ease, each consist of thousands of interlocking parts. They are primarily designed as a track vehicle with a retractable arm claw and camera, and are also capable of being armed with a grenade launcher or other infantry arsenals.

"You put this [robot] on the ground, and people know who you are," said Carroll about EOD. "[Iraqi] kids go 'Boom! Boom!' when they see us because they know an explosion is going to happen. People start to scat-

ter."

Common city obstacles such as getting over a curb or wading through a foot of sewer water are often overcome with the remote control expertise of a skilled EOD technician, but sometimes a bomb blast can get the best of the robot's size, strength and dexterity.

"One lady came back (to the robot repair depot) with only two tracks in her hands," said Marine Master Sgt. Thomas Bogosh, senior noncommissioned officer of the Joint Robotic System Repair Station in Iraq. "They weren't even whole tracks, only parts of them."

His repair station workers, many of whom are former Army and Air Force, work to salvage destroyed robot parts, some still covered in white phosphorous and oil.

But whatever the hurdles, the EOD teams who are out making a safer Iraq are doing so by learning from each other.

"(EOD) is a joint service environment, but we're definitely one team, one fight," said Navy Petty Officer 2nd Class Jennifer Smith, EOD information technician. "We're a tight community which shares a lot of information with each other. Whoever needs equipment, gets equipment in EOD."

EOD technicians are schooled on many different types of robots in case the one they prefer is in the repair shop.

A well-working, repairable robot completes more than 1,000 missions during its theater tenure.

The missions wear and tear these battle droids more than in the United States, said Bogosh.

"A year's worth of work back home is equal to one day in Iraq for these robots," he said.

(Editor's note: Spc. Jonathan Montgomery serves with the Multinational Corps - Iraq Public Affairs Office.)



Army photo

An Explosive Ordnance Disposal robotic "Talon" is gainfully employed Jan. 6 by the 184th EOD Robotics Team stationed in Baghdad, Iraq.

Smith students show off science smarts

BY SPC. SUSAN REDWINE
SCOUT STAFF

What do yeast, magnetism, bean sprouts, lasers, sea monkeys and flame-resistant fabric have in common? They were all the subjects of study and experimentation by the sixth, seventh and eighth grade students at Colonel Smith Middle School this week for the annual school-wide science fair.

More than 300 students entered a project for the fair, which is also a third of the quarter grade for seventh and eighth grade students, said Pati Hawker, seventh grade science teacher. The projects may be in the areas of physical, life and earth science and are graded primarily on adherence to the seven steps in the scientific method.

"They did a great job," Hawker said. "They really, truly worked hard, probably harder this year than ever before."

Aside from being graded, thirty-seven students walked away with either a grand, first, second or third prize based on judging by a panel selected from people in education, technology



and science fields throughout the community, Hawker said.

The award-winning projects then go on to compete Youth Energy Science Fair in March, said Janis Dodson, eighth grade science teacher at Smith.

"We have a few amazing projects here," Dodson said. "I will be proud to bring them to the Y.E.S. Fair."

However, winning prizes is not the emphasis.

"Your child will succeed by learning and understanding more about scientists work," the project guidelines state. "Awards

are secondary. The real goal of the science fair is stimulating your child's curiosity about our world."

Curiosity about the world is what led to eighth grade life science first place winner Quait Dodson to test the difference in blood sugar levels after consuming regular and diet soda.

"I was watching my friend test her blood sugar because she is a Type I diabetic," he explained.

Dodson then used a glucose meter to test the blood sugar levels of a test subject who'd con-



Colonel Smith Middle School eighth grader eyes the results of a fellow student's science project at this year's science fair at Smith.

sumed either diet or regular soda.

"Aspartame doesn't effect it [blood sugar levels] as much as sugar does, but it does effect it some," Dodson said. He concluded that his friend didn't really need to worry about drinking diet soda.

The overall best of show winner, eighth grader Dominic Arbino, was inspired by recent news and asked the question, "How can a laser be manipulated to produce more energy?"

Arbino said he hypothesized that the laser would not be as strong if it were passed through a lens or if it were bounced off mir-

rors. He found he was right, but displayed a natural modesty when he said he was surprised that his sophisticated project won overall.

The value of the fair, and science in general, was wisely summed up by one of the participants.

"It's good to be learning something that you didn't know to begin with or finding out something useful that can help the world," Dodson said.

"This is what it's all about," Hawker said. "It's about putting it all together, everything they've learned in science and applying it."



Photos by Spc. Susan Redwine

Seventh grade first place physical science winner Christian Yeo built a working hovercraft as his project for this year's science fair at Colonel Smith Middle School.



About 300 projects were entered in this year's science fair at Colonel Smith Middle School.

Range Closures

Thursday – AK, AL, AQ, AU, AW, T1, T1A, T2, T3
 Friday – AK, AL, AQ, AU, AW, T1, T1A, T2
 Saturday – AL, AQ, AU, T1, T1A, T2
 Sunday – AL, AU
 Monday – AC, AD, AE, AF, AG, AH, AK, AL, AM, AR, AU, AW, T1, T1A, T2, T3
 Tuesday – AD, AF, AG, AH, AK, AM, AN, AR, AU, AW, T1, T1A, T2, T3
 Wednesday – AD, AF, AG, AH, AK, AL, AM, AN, AR, AU, AW, T1, T1A, T2, T3

For more information on Range Closures call, 533-7095. Closures subject to change.

MLK luncheon

The Ft. Huachuca military community presents a post-wide commemoration luncheon in honor of The Rev. Dr. Martin Luther King Jr. The theme for the event is “How Does a Man of Peace Fight?” It will be held at the Thunder Mountain Activity Center Today from 11:30 a.m. – 1 p.m. The guest speaker for this event will be the Honorable Ronald A. Wilson, Chief Presiding Judge for the city of South Tucson. The cost of the luncheon is \$10. For more information or tickets call the Military Equal Opportunity Office at 533-1717/3696/5305.

Retirement ceremony

There will be an Installation Retirement Ceremony on Friday at 4 p.m. at Chaffee Parade Field. Any military or civilians retirees may stand in this ceremony by contacting the United States Army Intelligence Command and Fort

Huachuca Protocol Office at 533-1232 and filling out an information form. For more information call , Suzette Krusemark at 533-3185 or email Suzette.Krusemark@us.army.mil. All requests must be into Ms. Krusemark no later than close of business on Jan. 14.

Awards banquet

The Fort Huachuca Annual Awards Banquet is Jan. 28 at the Thunder Mountain Activity Center. The Banquet recognizes the following categories: Civilian of the Year, Marine of the Year, Air Force Airman/Noncommissioned officer of the Year, Sailor of the Year, Drill Sergeant of the Year, Instructor of the Year and Soldier/NCO of the Year. Doors will open at 6 p.m. for a brief social and the program/dinner begins at 6:30 p.m. Tickets are \$19 per person (buffet meal) and can be purchased through the Garrison Headquarters administrative office.Seating is limited, so get your ticket(s) today and come out to support the finest men and women of Fort Huachuca. For further information or to purchase tickets please call Headquarters, United States Army Garrison staff at 533-6385/533-9264/533-9263.

AFTB Level I classes

Army Family Team Building will offer AFTB Level I classes 8 a.m., Jan. 22 at Murr Community Center, Building 51301.AFTB Level I, also known as “Army 101” provides an introduction to Army life. For more information or to register call, Cheryl Patterson, at 533-3686. You may also sign up for the class by calling Army Community Service at 533-2330.

Relocation Workshop

Army Community Service is offering

a relocation workshop for soldiers and family members making their first move 1:30 p.m. Jan. 27 at the ACS Building 50010. The workshop will discuss expectations, benefits and budgeting for the move. Please register by calling ACS at 533-2330.

Unit sponsored training class

Army Community Service is offering a unit sponsorship training class at 1:30 p.m., Feb. 3, at the ACS Building 50010. Good sponsorship is an important factor in the quality of life of the inbound Soldier and family member. Let ACS assist you in training effective sponsors.

Please register by calling ACS at 533-2330.

Telephone directories

The new Cochise County telephone directories are available for pickup at the Official Mail and Distribution Center of the Directorate of Information Management, US Army Garrison.

The OMDC is located in the back of building 22408 at Christy Avenue and Butler Road. Operating hours are 7:30 a.m. – 4 p.m.

The telephone directories are for USAG directorates and staff offices and partner activities.

Please recycle the old directories at one of the recycling locations. For more information call, Ms. Gayle Olson at533-3932.

OCS board

The next Installation Officer Candidate School Board will convene on Mar. 9. All packets are due to the Actions and Promotions Office no later than Mar. 1.

If you are interested please see your S-1 to make an appointment with the Actions and Promotions Department.

For more information call, Rosalie Monge at 533-1503.

MICA luncheon

The Military Intelligence Corps Association, Fort Huachuca Chapter, is hosting a quarterly MICA luncheon 11:30 a.m. on Wed., at the Thunder Mountain Activity Center. The luncheon is open to all MI Professionals. Guest speaker is Lt. Col. Alexander, Army’s Senior Intelligence Officer. German buffet will be served at a cost of \$11 per person. Tickets need to be purchased in advance by Jan. 19.

For more information and tickets e-mail mica.huachuca@us.army.mil or call Rich Laszok at 520- 234-6181.

Recruit the recruiter

The Recruit the Recruiter Team will brief all specialists through sgt. 1st class regarding the benefits, challenges, and qualifications of recruiting duty.

The presentation will be held at 9:30 a.m. and 1:30 p.m., Tuesday and 9:30 a.m. on Wednesday and Jan. 27 at Building 41421.

Warrant officers wanted

A warrant officer recruiting team for Headquarters, United States Army Recruiting Command, Fort Knox, Kan. will brief on qualifications and application procedures to soldiers interested in becoming U.S. Army warrant officers.

The presentation will be held at 10 a.m. and 1 p.m. daily on Monday – Jan. 27 and 5 p.m. on Tuesday at the Murr Community Center room five.

For more information call, 536-0466, 520-626-0466.

Chaplain’s Corner

Protestant Sunday Services

8 a.m.	Episcopal -	Main Post Chapel
9:20 a.m.	Gospel -	Kino Chapel
9:30 a.m.	Protestant -	Prosser Village Chapel
11 a.m.	Cross Roads Service	Cochise Theater
11 a.m.	Collective -	Main Post Chapel
3:30 p.m.	Protestant ALPHA-	Prosser Village Chapel

Roman Catholic Worship

Mon.-Fri.	Mass	11:30 a.m.	Main Post Chapel
Saturday	Confession	4 p.m.	Main Post Chapel
Saturday	Mass	5 p.m.	Main Post Chapel
Sunday	Mass	9:30 a.m.	Main Post Chapel

Sunday	Mass	11:30 a.m.	Kino Chapel
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Jewish Worship

Friday	7 p.m.	Main Post Chapel
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Catholic

Main Post Chapel	CCD	Sunday 10:45 a.m.
Adult Apologetics		Sunday 10:45 a.m.
Adoration of the Blessed Sacrament		Friday 3 p.m.- 6 p.m.
Korean OCIA		Friday 7p.m.
MCCW		1st Friday 7 p.m.

Protestant

Main Post Chapel		Tuesday 9 a.m.
PWOC		Sunday 9:30 a.m.
Sunday School		

Kino Chapel		Thursday 6 p.m.
Bible Study/Choir Practice		Tuesday 7 p.m.
Men’s Choir Rehearsal		

Muslim Prayer

Friday	11:30 p.m	Main Post Chapel
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Buddhist Weekly Teaching

Tuesday	6:30 p.m.	Prosser Village Chapel
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Orthodox Divine Liturgy		
Sunday	10 a.m.	Main Post Chapel

Latter Day Saints Service		
Sunday	1:30 p.m.	Prosser Village

CIVILIAN, from Page 6

and phone centers to keep in touch with their loved ones. It is a big change in quality of life."

"Now the Soldiers can call home a lot easier and the quality of service over there has increased greatly," said Griswold. "Before, if you called someone in the states, it used to be scratchy. Now I can call from over there and talk to someone here (in Arizona) and it sounds like I am right next door."

Griswold, Payne and 30 other employees that ITID has in Afghanistan face the same dangers as the deployed military members they are there to help.

Both remember the day the day the embassy was attacked by the Anti-Coalition Militia. Half the team was in the compound working, but Griswold, Payne and the others were on their way to Bagram Air Field. When Payne remembered he had left his security badge back at the safe house, they turned the convoy around.

"If we hadn't have gone back to get that badge we would have been driving by during the attack," said Griswold.

Along with sharing the dangers of Afghanistan, just like the military the civilians are also separated from their families. But a couple of main differences between the two groups are that civilians do not carry guns and they all volunteered to be there.

"Someone had to do it," said Payne. "And I wanted to make sure that it was done right."

This attitude and their actions in Southwest Asia is why their boss, Sherry Garcia, chief Special Projects and System Support Division, ITID, recommended them for the Superior Civilian Service Award.

"I am not going to force anyone to go and put themselves in harms way," Garcia said. "They volunteered to be NETCOM's liaison for all the communications over there. It is their job to prioritize what needs to be done and when the equipment gets there to get it installed."

One of Payne's responsibilities in Southwest Asia is to review equipment orders and ensure everything needed is ordered and that

it will integrate into the existing communication plan. He saved the government time and money by recommending more efficient materials or methods of installation.

Last year, over 400 tons of communications equipment was ordered and shipped to Afghanistan, where it was stored in warehouses in Bagram and Kabul.

"We have a storage area in Kabul that is run by Robert King, he is in charge of tracking everything coming in and going out of there," said Griswold. "It is a real team effort and no one does the job on their own. You have to support each other to get the job done."

Both know that getting their mission in Afghanistan accomplished has not only had an impact on the military forces there, but also the local civilians.

"Probably about 95 percent of them are glad that Americans are there," said Griswold. "Now it is not unusual to see girls going to school, that is something you wouldn't have seen seven years ago. People in the states don't understand what a big deal it is. I do and am glad I had a part in it."

DECA, from Page 4

cess to the installation.

Upon verification of caregiver status, the individual receives written authorization from the commander's representative designating him or her as an "agent" to accompany the children of deployed parents, or to shop for someone who is unable to get to the commissary or needs assistance while shopping. Usually, the letter is for a 12-month period, but it can be extended in cases of continued hardship.

"Every situation is unique so contact the identification card section on the installation to determine what proof is needed to have an agent shop in the commissary on your installation," Nixon said. "In most cases you can also get in touch with the commissary's store director to put you in touch with the

appropriate officials."

To find the nearest commissary, look under the "locations" link at www.commissaries.com.

The Defense Commissary Agency operates a worldwide chain of nearly 275 commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Shoppers save an average of 30 percent or more on their purchases compared to commercial prices – savings worth more than \$2,700 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.

Individual Ready Reserve training continues, improves

More than 5,600 Soldiers transition back to active duty

BY CARMEN SLAYBAUGH
ARMY NEWS SERVICE

More than 1,100 Reservists have transitioned back to active duty as a part of an Individual Ready Reserve call up that started in August 2004.

"At the start of this mission, I was told that we would receive about 4,440 IRR Soldiers at Fort Jackson alone," said Task Force Marshall commander Lt. Col. Douglas Snyder.

The total number of IRR Soldiers recalled was more than 5,600.

The initial projections were for Reservists to com-

plete the first phase of retraining at the South Carolina National Guard's McCrady Training Center by December.

According to Snyder, the delay has resulted from a combination of reasons.

"HRC (Human Resource Command)-St. Louis has been very good – some say sympathetic – about listening to Soldiers' family, job and personal issues," Snyder said.

This resulted in amending orders and pushing back report dates.

Many other orders were revoked because of the lack of a family care plan or because the Soldier was found to be non-deployable because of health issues.

Snyder said HRC-St. Louis directed IRR Soldiers to not report between Nov. 14 and Jan. 1 to prevent them from reporting for training over Thanksgiving, Christmas or New Year holidays.

Snyder said he was not sure what impact the delays and exemptions will have on their final numbers.

Another vital factor of the training, Snyder said, is the constant improvement and refinement of the overall program.

"We constantly turn to the Center for Army Lessons Learned at Fort Leavenworth [Kan.] and obtain the latest updates from them on tactics being used by the [Iraqi and Afghani] insurgents; and countermeasures and tactics being used by coalition forces against the insurgents," Snyder said. "As insurgents become more clever, we have had to become more sophisticated in the way we combat them."

The convoy operations training, how to react in an ambush and recognizing an improvised explosive device are three of the warrior tasks constantly being reviewed, ensuring they reflect the realities of the current combat environment.

The call up is the first large-scale use of the IRR since 20,277 Soldiers were mobilized during the 1991 Gulf War. Prior to this, the only sizable call up was in 1968 during the Vietnam War.

Dr. Martin Luther King Jr. Day celebration



Retired Sgt. Maj. Frank Bothwell and Chantell Anderson, 12, do the electric slide to Steve Wonder's "Happy Birthday To You" as part of the ceremony at the Veteran's Memorial Park after the march.

BY SPC. MARCUS BUTLER
SCOUT STAFF

During his lifetime, Dr. Martin Luther King Jr., sought to forge the common ground on which people from all walks of life could join together to address important community issues.

Working alongside individuals of all ages, races and backgrounds, King encouraged Americans to come together to strengthen communities, alleviate poverty, and acknowledge dignity and respect for all human beings. Service, he realized, was the great equalizer.

In following in the traditions of King, the Greater Huachuca Area Branch NAACP and the Sierra Vista Parks and Leisure held their first march and celebration in honor of King.

The idea of marching to make a statement is not a new idea. Marches and protesting have been taking place since the country was founded. King used the power of freedom of speech backed by his non-violence philosophy, to spear head a turn around in the laws and legislation on how African

Americans were treated.

"I think that this march and celebration will be a unifying factor," said Bertha M. Simpson, a member of the NAACP and chairperson of the march and celebration. "This march will hopefully bring the community together and to show that it is not just for blacks but for everyone."

"Previously, our remembrance of Dr. King began with our chapter holding a prayer breakfast, which was held to show support for the post," Simpson said. "It eventually evolved into the march we are having now."

The organization of the march and celebration was headed by Simpson with help from committee members Anthony Isom and Frank Bothwell, and from Sgt. 1st Class Kenneth B. Hunter, post equal opportunity advisor.

"We are sponsoring this event with the help of Sierra Vista Parks and Leisure to recognize the sacrifice and the

memory of Dr. King," said Bothwell. "Dr. King gave his life, the ultimate sacrifice, to make the world a better place. There is no greater service that one can do than to lay their life down for someone else. King demonstrated that through his service through non-violence."

King's resume of selfless service and personal courage is a model for anyone who wants to see the true meaning behind those words.

The name of Martin Luther King, Jr., is intertwined with the history of the civil rights movement of the 1950s and 1960s in the United States. The Montgomery bus boycott, the freedom rides, the Birmingham campaign, the March on Washington, the Selma march, the Chicago campaign, and the Memphis boycott are some of the more noteworthy battlefields where King and his followers—great in numbers, humble and great in name—fought for the equal rights and equal justice that the U.S. Constitution ensures for all its citizens.

"When I think of Dr. King, I think of a leader who was a change agent. Part of his



brated, remembered



promised land. I may not get there with you. But I want you to know tonight, that we, as a people, will get to the promised land. And I'm happy, tonight. I'm not worried about anything. I'm not fearing any man. Mine eyes have seen the glory of the coming of the Lord," said King during his "I've been to the mountain top" speech in Mason Temple, Memphis, Tenn.

"Together, with the rest of the nation, we will honor King's legacy of tolerance, peace, and

equality by meeting community needs and making the holiday "A day on, not a day off," said Bothwell.

Also, in commemoration of the memory of King, there will be a luncheon held today at the Thunder Mountain Activity Centre from 11:30 a.m. to 1 p.m. The guest speaker will be the Honorable Ronald A. Wilson, chief presiding judge, City of South Tucson, Ariz. The cost of this event will be \$10. For more information or tickets call, 533-1717/3696/5305.

legacy was that he was unselfish, compassionate and very action oriented. He lived and breathed change by peaceful means and not by force or violence. By leading peaceful marches, demonstrations and bringing the masses together, he trusted that sheer numbers would succeed in bringing about changes to the politics and beliefs of the day. His examples and teachings apply in some way to everything we do on a daily basis," said Hunter.

"We've got some difficult days ahead. But it doesn't matter with me now. Because I've been to the mountaintop. And I don't mind. Like anybody, I would like to live a long life. Longevity has its place. But I'm not concerned about that now. I just want to do God's will. And He's allowed me to go up to the mountain. And I've looked over. And I've seen the

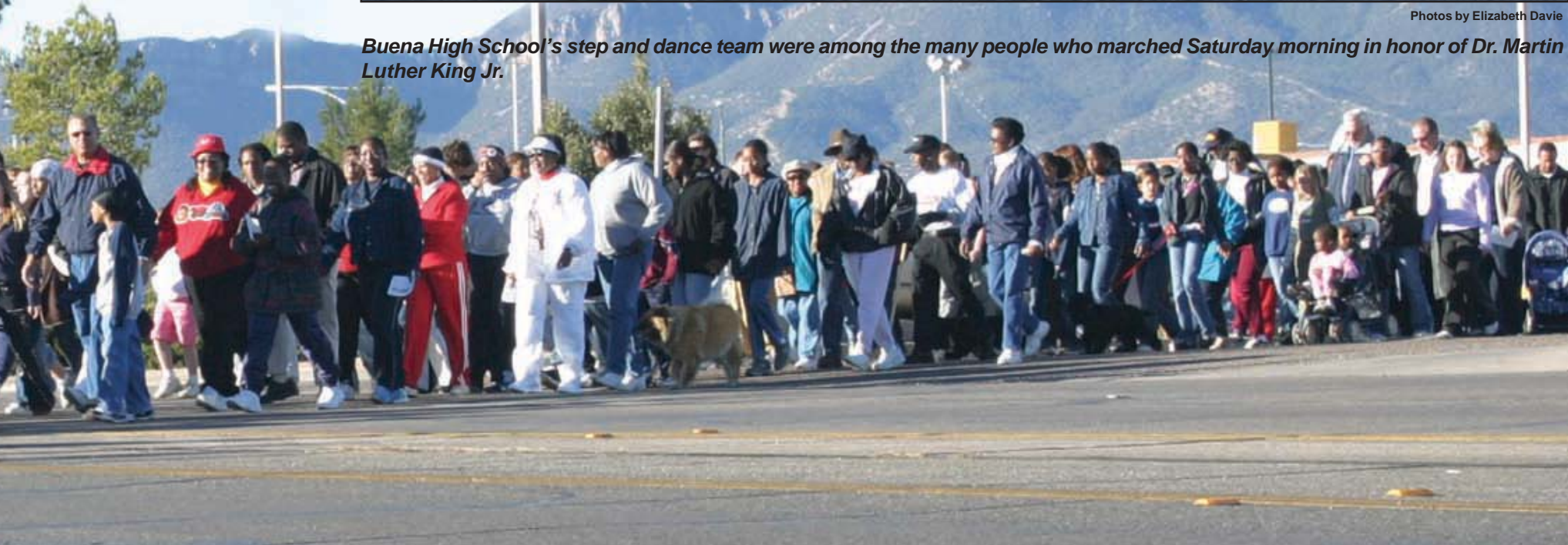


Cyrus Robinson, 4, stays warm in the K-mart parking lot while people gather up for the march.



Photos by Elizabeth Davie

Buena High School's step and dance team were among the many people who marched Saturday morning in honor of Dr. Martin Luther King Jr.





Service News



New weapons system for force

An F-15E Strike Eagle aircrew from the 494th Fighter Squadron took part in a flight that marked an evolution in weapons technology when it used a Sniper Advanced Targeting Pod on the aircraft Jan. 7.

An F-15E weapons system officer can now independently launch satellite-guided weapons on targets. Previously, such launches required ground support coordinates.

The sniper pod also enhances the F-15E's capability by decreasing the time it takes to hit a target after identification, said Col. Kent Laughbaum, 48th Operations Group commander. The sniper pod receives target coordinates directly from a satellite and communicates the information to the munition.

During the flight here sniper pod's abilities against stationary and moving targets was tested. They worked with a team of joint terminal attack controllers from the 4th Air Support Operations Group at Heidelberg, Germany, in simulated conditions that resembled weather in Southwest Asia.

The controllers are airmen who are integrated into an Army unit and provide air control in a combat

zone.

Airmen from the 494th FS have trained daily for three months with the 4th ASOG team.

The flight also marked the first time an F-15E carried a GBU-38 Joint Direct Attack Munition, a 500-pound "smart" bomb designed for precision bombing in urban warfare.

"It's a perfect combination," Laughbaum said. "The precision of the sniper pod with the accuracy of the GBU-38 limits collateral damage and enhances the mission of our aircraft."

Money saved at Navy Exchange

The latest Navy Exchange Service Command pricing survey, as reported in December, showed that customers continue to save 21.2 percent on the products they purchase from the Navy Exchange.

When sales tax savings are factored in, customers save an overall average of 25.9 percent.

To determine the savings amount, QRS Corporation, the independent research firm that conducted the survey, once again compared the prices on a variety of products in eight regions throughout the United States. The savings found in Bethesda, Md., were 22.95 percent;

Everett, Wash., were 20.26 percent; Great Lakes, Ill., were 23.21 percent; Jacksonville, Fla., were 19.44 percent; Norfolk, Va., were 19.41 percent; Pearl Harbor were 22.93 percent; Pensacola, Fla., were 21.24 percent; and San Diego were 20.81 percent.

Navy Exchange prices on approximately 350 items were compared to those of major retailers like Wal-Mart, K-Mart, Circuit City, Target, Home Depot, Dillards, Sears, Eckerd, Barnes and Noble, and Office Max.

Fallujah districts are now open

The Interim Iraqi Government directed that Fallujah be reopened on a district by district basis, to citizens on Dec. 23.

Assisted by Iraqi and U.S. forces, the city successfully opened all 18 districts on Friday Security was paramount as five entry control points and curfews were established to ensure safety of its citizens. Although more than 140,000 civilians have gone through entry control points, the total number of returning Fallujans is undetermined because Iraqi and U.S. forces do not count civilians who leave the city on a daily basis.

Ultimate sacrifice paid in support of OIF

Spc. Dwayne J. McFarlane Jr., 20, of Cass Lake, Minn., died Jan. 9 in Baghdad, Iraq, when his dismounted patrol was hit by an improvised explosive device. McFarlane was assigned to the 2nd Battalion, 15th Field Artillery Regiment, 10th Mountain Division (Light Infantry), from Fort Drum, N.Y.

Staff Sgt. William F. Manuel, 34, of Kinder, La. and **Sgt. Robert W. Sweeney III**, 22, of Pineville, La. died Jan. 10 in Baghdad, Iraq, when an improvised explosive device hit their military vehicle. Both soldiers were assigned to the Army National Guard's 3rd Battalion, 156th Infantry Regiment, 256th Infantry Brigade, Lake Charles, La.

Spc. Michael J. Smith, 24, of Media, Penn., died Jan. 11 in Ar Ramadi, Iraq, when his military vehicle was hit by a rocket propelled grenade. Smith was assigned to 1st Battal-

ion, 503rd Infantry, 2d Infantry Division, Fort Carson, Colo.

Pfc. Gunnar D. Becker, 19, of Forestburg, S.D., died Jan. 13 in Mosul, Iraq, of non-combat related injuries. Becker was assigned to 2nd Battalion, 63rd Armor Regiment, 1st Infantry Division, Vilseck, Germany.

Sgt. 1st Class Brian A. Mack, 36, of Phoenix, Ariz., died Jan. 13 in Mosul, Iraq, when his military vehicle was hit by an improvised explosive device. Mack was assigned to the 3rd Battalion, 21st Infantry Regiment, 25th Infantry Division, Fort Lewis, Wash.

Lance Cpl. Matthew W. Holloway, 21, of Fulton, Texas, and **Lance Cpl. Juan R. Rodriguez Velasco**, 23, of El Cenizo, Texas, died Jan. 13 from injuries received as a result of enemy action in Al Anbar Province, Iraq. Both Marines were assigned to Marine Forces Reserve's 1st Battalion, 23rd Ma-

rine Regiment, 4th Marine Division, Corpus Christi, Texas.

Cpl. Paul C. Holter III, 21, of Corpus Christi, Texas, died Friday due to a non-combat related incident at Camp Ramadi, Iraq. He was assigned to 2nd Battalion, 11th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, Camp Pendleton, Calif. The incident is under investigation.

Sgt. Jayton D. Patterson, 26, of Sedley, Va., died Saturday as result of hostile action in Babil Province, Iraq. He was assigned to 1st Battalion, 2nd Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Sgt. Nathaniel T. Swindell, 24, of Bronx, N.Y., died Saturday in Mosul, Iraq, from a non-combat related injury. Swindell was assigned to the 1st Battalion, 24th Infantry Regiment, Fort Lewis, Wash.



All Army Boxing Championships at Barnes Field House

Fort Huachuca will host the 2005 All Army Boxing Championships Wednesday, Jan. 27 and 29 at Barnes Field House. Doors open at 5 p.m. and the bouts start at 7 p.m.

Admission to All Army Boxing is free to all active duty military personnel.

Tickets for the general public are on sale at the door only before each

night's competition.

General seating tickets are \$5 for Wednesday and Jan. 27. For championship night, Jan. 29, the cost is \$8. Children 8 and under will be admitted free.

Returning to Fort Huachuca to defend his title will be the U.S. Army's Conseil International du Sport Militaire Boxing welterweight gold medal winner, 1st Lt. Boyd Melson, Fort Carson, Colo.

As a special added attraction, Jan. 29, during championship night, all active duty military in attendance will have the chance to make a basketball shot and win a new car.

This promotion is open to active duty military only. A number will be drawn for one chance to sink a single basketball shot from the center of the boxing ring.

For more information, call 533-5031.



Photo by Elizabeth Davie

New at the MWR Arts Center

MWR Arts Center will offer a free cake decorating demonstration at noon, Saturday.

A new cake decorating class will be offered 10 a.m. - noon, Feb. 5, 12, 19 and 26.

A basic photography class will begin Feb. 24. The class teaches the basics of cameras, film and photo composition. The instructor is Gary Rice.

A class on decorating gourds is also being planned. The class will teach you how to decorate gourds with beads and color. A minimum of three students is needed for this class, so call if you are interested.

For more information on these or any other classes, call 533-2015 or stop by the MWR Arts Center, located on Arizona Street, across from the Commissary.

Early closure at Barnes Pool

Barnes Pool will close at 1 p.m., Wednesday and Jan. 27 in order for the staff to support All Army Boxing. January 28, the pool will be open 10 a.m. - noon only, for lap swimming.

For more information, contact Karlie Jo Hale at 533-3858.

January special at MWR Rents

During January, MWR Rents is offering 10 percent off on any camper rental.

For more information, call 533-6707.

First SKIESUnlimited classes

The Fort Huachuca Child and Youth Services SKIESUnlimited Program has scheduled the first five classes that will be offered. The classes include: gymnastics, dance, martial arts, foreign languages and cooking.

The classes will be open to youths up to 18. Different ages will be holding classes in different time slots and/or different rooms. In order to sign up for these classes, the child must first be registered with Child and Youth Services.

Times, dates and prices will be posted soon. The classes are set to begin in mid-March. Available class slots are expected to fill up quickly, so be sure to register your child as soon as the class details are released.

These classes are the first of many that will be offered through SKIESUnlimited. Watch future issues of The Fort Huachuca Scout for scheduling updates.

Instructors are needed for these and other upcoming

classes. If you have skills and are interested in becoming an instructor, or would like more information, contact Robin Gabert, SKIESUnlimited program coordinator, at 533-0710.

This is mainly an after-school program, however, instructors who are certified and hold knowledge about "Mommy and Me" classes and beginning dance for children 6 and under, are also being sought.

F.I.T. at Barnes Field House

Fitness Interval Training is offered 5 - 6 p.m., Monday, Tuesday and Thursday at Barnes Field House Stage Room.

The F. I. T. program includes a variety of training such as aerobics, kickboxing, sculpting with weights and mat training for coordinating movements.

The monthly fee for the class is \$35. Students can also pay on a bi-monthly basis for \$18, or \$5 for individual classes.

If you bring a friend to the class, you will receive a 50 percent discount on your fee for that month.

For more information, call Kathy Gray at 533-0041 or 533-5031.

MWR Box Office

The Tucson Convention Center has some exciting events scheduled, and MWR Box Office has tickets for the following: Sunday, Harlem Globetrotters; Jan. 25 - 30, the musical "Chicago;" Jan. 28 and 29, ice racing; Feb. 1 - 13, "The Male Intellect: An Oxymoron;" and Feb. 10 - 13, Tucson Gem and Mineral Show. Feb. 12 is Military Appreciation Day at the Gem and Mineral Show. Anyone who shows an active military identification card, including dependents, will be admitted free.

TCC event tickets may be purchased 10 a.m. - 4 p.m., Monday - Friday only.

The box office also has information on the Armed Forces Vacation Club. With AFVC, you can enjoy resort accommodations for two to six people for less than you'd pay for most hotels. You can book a full week for just \$264. There is a wide variety of destinations and times. Details and samples of resort availability can be view at www.afvclub.com.

Installation MWR programs receive cash rebates, so don't forget your installation number when enrolling in AFVC. Fort Huachuca's installation number is 10.

For more information, call 533-2404 or drop by

the MWR Box Office located in Building 52008 on Arizona Street, across from the Commissary. They're open Monday - Friday, 9 a.m. - 5 p.m.

Time Out plans Super Bowl Bash

Super Bowl XXXIX is set to begin at 4 p.m., Feb. 6. The doors at Time Out will open at 1 p.m. that day. Make plans now to come and watch the game with your friends.

The facility has six 19- and 24-inch TVs, plus a big screen TV with surround sound, so you'll be able to see and hear all the action, from the pre-game show to the final buzzer.

Along with free admission and giveaways, there will be free munchies, while they last. Beverages will be available on a pay-as-you-go basis.

Time Out is located across from Barnes Field House on Arizona Street.

Lunch buffet at TMAC Tuesday - Friday

The Thunder Mountain Activity Centre offers their lunch buffet, Tuesday - Friday, 11 a.m. - 1 p.m. The cost is \$7 per person, which includes full salad bar, dessert and a non-alcoholic beverage.

Each day's menu features a different theme, including: the first three Tuesdays of the month, "Latin Fiesta;" the last Tuesday of the month, "All American" menu, featuring pot roast and meat loaf; Wednesday, "Savory BBQ Day;" with barbecued chicken and ribs; Thursday, "A Taste of Deutschland," with schnitzel and bratwurst; and Friday, "Southern Comfort," with catfish nuggets and golden fried chicken.

For catering information at TMAC, call 533-7322. For general information and room reservations, call 533-3802.

LakeSide hosts bingo

Get ready to yell "bingo," as the LakeSide Activity Centre hosts this long-time favorite game at 6:45 p.m., Tuesday, Thursday and Saturday, and at 12:45 p.m., Sunday.

The LakeSide is a smoke-free facility with a lighted parking area. A snack bar is available, and there's complimentary coffee while you play.

The bingo program offers your choice of paper cards or electronic handsets. First-time bingo players are always welcome. For more information, call 533-2193.



Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German, at 538-0836 or send an e-mail to paula.german@hua.army.mil or visit us on the Web at mwrhuachuca.com.



Movies

Closer plays at 7 p.m. on Saturday at Cochise Theater. For the complete listing of this week's movies, see Page 28.



Photo by Spc. Creighton Holub

Robert Hegedus, MEDDAC #2 player, passes the basketball while a trio of Marines/Navy defenders try to gain possession as MEDDAC #2 won the Jan. 12 game at Barnes Field House, 36-31.

Old Guys school USMC/Navy, 36-31

BY SPC. CREIGHTON HOLUB
SCOUT STAFF

The MEDDAC #2 "Old Guys" defeated the Marines/Navy team Jan. 12 in basketball action at Barnes Field House, 36-31.

"We're mildly shocked that we're 4-1," Coach Thomas Grant said. The MEDDAC players call themselves the "Old Guys" because they are all 35 and older.

Despite being in third place as of Jan. 12, they only have enough players to field a team

without any bench warmers because they have lost four players. One is deployed, their center had knee surgery, another is on emergency leave and the last player started work on a master's degree.

MEDDAC took the lead early and did not let go as they sliced the Marines/Navy team early with an 11-3 lead that turned into a 22-13 lead at the half.

"We had to 'D' them up," Walter Griffin, MEDDAC, said about using their defense to hold back the Marines/Navy team.

The Marines/Navy squad cut the lead to 27-20 with eight minutes left, but MEDDAC maintained a 7 point lead until a sea services layup brought them within 5 points, 33-28, with 1:32 remaining on the game clock.

"Grant and (Brandon) Held kept penetrating, and the last three points were iced by the free throw line," Anthony Moreno, MEDDAC, said.

The Marines/Navy looked to take the lead in the last minute, but the MEDDAC held on in a free throw battle to win 36-31.

Huachuca scout soars to Eagle

SCOUT REPORTS

In a special Boy Scout Court of Honor on Jan. 9, Master Sgt. Dave Miller, scout master, presented Nicholas Costello, son of U.S. Army Intelligence Center's G-3 Lt. Col. Mark Costello, his Eagle Scout Rank, ending 13 years of Boy Scouting.

During the ceremony, Miller explained the road to Eagle Scout, a path that is filled with adventure, challenges, and hard work. Costello began that path when he was 5 years old. Starting out as a Tiger Cub, Costello participated in many different events to include winning his first of two Pinewood Derby competitions.

Costello's Boy Scouting began in Japan and quickly earned many merit badges and other Scout awards to include induction into the Order of the Arrow. He camped with his troop in numerous places throughout the country of Japan with the most memorable being the trip to Mount Fuji.

The ranks of Cub Scouting were next, leading to Webelos where Costello earned

See SCOUT, Page 29



Nicholas Costello

Post represents Soldiers/civilians compete in Senior Olympics

BY THERESA MUELLER
RUNION DENTAL CLINIC

Friday afternoon Col. Ted Hammond parted the waters at The Cove in Sierra Vista, adding three more gold medals to his already bountiful collection. The prosthodontics specialist from Runion Dental Clinic, competed in the swimming events of the Senior Olympics winning first place in the 100-yard free style in 55.57 seconds, the 100-yards butterfly in 111.08 seconds, and the 50-yard free style in 24 seconds.

He began swimming at age 8 and continued though his college years. Following college he embarked on a 23 year hiatus from swimming. The years of demanding intense college competition, just burned him out, he said. In 1999, while stationed in Alaska, motivated by necessity, he

resumed swimming. The winters were too long, too dark, and "you can't run or bicycle on ice in the dark", said Hammond. He swims daily and enjoys swimming as a member of the Master Class Team. "It's a way of life," Hammond said.

Ronald Nash, DDS, of Runion Dental Clinic also claimed a gold medal by competing in the 50-yard breast stroke. He began swimming competitively in high school in Redondo Beach, Calif. While perusing his dental career he withdrew from swimming but resumed his interest when he joined the Navy.

Since his retirement from the Navy in 1998 he had regretfully abandoned his favorite sport, but he's getting back in the swim of things. A screaming ride down the waterslide marked the celebration of his renewed success.

Preferring terra firma, retired Col. David Bernstein, also of Runion Dental Clinic competed in his favorite sport, tennis. Saturday at Kings Court Tennis Club,

See OLYMPICS, Page 29

Planning your best workouts for 2005

BY GEORGE COLFER, PH.D.
CONTRIBUTING WRITER

Many people use the new year to make resolutions regarding health habits and fitness activities for the coming year. Unfortunately, more often than not, these resolutions fail and are discarded within a few months. There are multiple reasons for failure. However, for those that succeed, the reason usually has to do with proper planning and what needs are to be addressed.

Most health habits are either classed as something to "start" or "stop" and can become part of a daily routine. Will power and a strong desire to change that habit usually accompany success. Fitness and physical activity are more complicated. Equipment, facilities, weather, location and time all become contributing factors. The number one motivator is when we show progress and see results from our efforts in the activities we choose to undertake. This further emphasizes the need for a plan to accomplish the goals that one sets.

The first step is to analyze what some of the possible goals would be: gain weight, lose weight, reduce bodyfat and improve body composition, increase strength and power, increase muscular endurance, improve cardiovascular endurance, improve flexibility, improve overall fitness, improve military fitness/job skills, improve overall athletic fitness/skill level, improve specific sport fitness/skill level.

It's up to each individual to select what is most important and also what will keep motivation high. First and foremost, if lacking, would be to improve overall fitness and second to improve military fitness and the physical needs for your military occupational

specialty. After that, it's your choice.

The second step is to establish your goals and the third step is to develop a plan for your training schedule. The final step is to execute your plan and stick to it! Results don't happen overnight. It becomes important for you to have some measure to show progress. Remember that seeing positive results will probably be the key factor in maintaining motivation and keeping your training plan from becoming history.

A question often asked is; "what is the best workout to do"? Unfortunately, there is no such workout that will fit all needs. Knowing your goals and making them realistic is a good start. Then my answer would be; "the best workouts are the ones that you enjoy, that help you reach your goals and most important are those that you will consistently perform".

Here are some general suggestions to consider to assist in getting your plan underway.

*Short-term goals (STG) lead to long-term goals (LTG). It's OK to set a LTG as long as you have some checkpoints (STG) along the way to measure progress and see results. Consider STG as "steps on the ladder" to reach your LTG.

*Be realistic in your planning. For example, if running is not a favorite activity you probably should not plan to run a marathon. Also, know yourself. We are all born equal, but when it comes to physical capacity and athletic skill level, we soon learn that equality doesn't always exist. Finally, set realistic goals in regard to your time schedule.

*Make your training program as enjoyable as possible while still making progress toward your goals.

*Make regular changes in your training program and workouts. The same routine over and over again may lead to boredom and loss of motivation. We all reach plateaus and need change on a regular basis, normally about every three months.

*Use some variety in your activity selection. As an example, runners may be highly fit in cardiovascular fitness (CVF), but lacking in flexibility and strength. Without some strength and flexibility training, they may find themselves prone to injury and muscle imbalance.



Courtesy photo

For those who strength train only may find they lack CVF (heart, lungs, circulatory system). Some added CVF activity would be of great benefit and actually may improve upon strength training performance.

*Challenge yourself! It doesn't necessarily have to be competitive against another person, but challenging yourself will add personal satisfaction and increase motivation.

To insure the quality of your workouts and training plan, here are some common mistakes to avoid.

*Don't set unspecific goals. Instead be very specific. As an example, rather than just to lose weight, set a specific goal such as to lose 10 pounds in three months.

*Don't be a know-it-all when it comes to exercise and training. Seek help and advice when needed. Be open-minded to new information.

*Don't try to increase your training intensity or duration every day. This will lead to failure, burnout and injury. Follow your plan.

*Don't skip workouts. If training time is shortened, still workout. Make some modifications for that day or alternate with another activity.

*Don't exercise too hard. Proper recovery is essential to make progress.

*Don't omit warming up and cooling down periods.

*Don't use improper form on strength training exercises and strength machines. The major errors are not performing the exercise at a full range of motion and performing "cheats", which means you are probably using weightloads that you do not have sufficient strength for yet.

Whether you are into resolutions or not isn't of primary concern, but the new year is a good time to refocus on your health and fitness lifestyle and to come up with the best training plan and workouts for you.



Courtesy photo

All Army boxing returns

Army's best hitters take their aggression to the ring at Barnes Field House

BY SPC. MARCUS BUTLER
SCOUT STAFF

The ring is illuminated, surrounded by darkness and light whispers. The announcer walks towards the middle of the ring and complete silence falls. Two warriors are called forth



Photo by Spc. Marcus Butler
Boyd Melson and Nathaniel Hicks work on defensive drills during an afternoon practice session.

and prepare to face off, fighting for a chance to represent the Army in boxing. This is the scene that will be played over and over at Barnes Field House on Jan. 26, 27 and 29 when All Army boxing returns to Fort Huachuca.

"This is one of the most inexperienced teams I have ever coached," said Basheer Abdullah, All Army Boxing head coach. "We have twenty-four Soldiers this year and we are very optimistic about our chances this year."

The team starts practicing at 6:30 a.m. with a run followed by a 1 p.m. gym workout. "We usually spar on Tuesday and Thursday in the evening and the afternoon on Saturday," said Abdullah.

"I was very impressed with the adaptation of this group of boxers. It has been a great challenge for all of them both mentally and physically and they all responded well," Abdullah said.

Despite last year's success

in Conseil International du Sport Militaire, Boyd Melson, gold medalist in the 2004 CISM competition, is still very humbled by the experience.

"I still am training extremely hard and I thank God everyday that I have the opportunity to do what I love to do, box. Overall, in every weight class, we have one strong athlete and that is what we worried about in the beginning but we are sure that we will place in Armed Forces Boxing and on to the world championship," said Melson.

This is a great opportunity for Soldiers to show their Army pride, said Nathaniel Hicks, a boxer on the All Army team.

"I feel as it is a once in a lifetime opportunity for me to be here," said Hicks. "A l l glory to God for this and I hope to win in the finals a n d qualify for the W o r l d Class Athlete Program."

Even though women are not yet allowed in the WCAP or



Photo by Spc. Marcus Butler

Cherri Moyer jabs on the heavy bag during an afternoon practice at Barnes Field House.

Olympics, Cherri Moyer, a returning veteran for the All Army Team, plans on changing that.

"I will take any opportunity to excel, show that I belong and to be the first women to be a boxing Olympian," said Moyer.

With five returning veterans, the Army team is in pretty good hands.

"We are in the rebuilding phase right now due to the low turn out but we do not have any plans of relinquishing our title as the reigning Armed Forces boxing champions," said Abdullah.

The doors of Barnes Field House will open at 6 p.m. and bouts begin at 7 p.m., all three days.

Admission to the championships is free for active duty service members and children aged 8 and under. General admission is \$5 on Jan. 26 and 27, and \$8 on championship night Jan. 29. Tickets for the general public will only be sold at the door before each night's event.

Army, Air Force, Marine Corps and Navy boxers will gather at Fort Huachuca to compete in this year's Armed Forces Boxing Championships Feb. 14-18.



Courtesy photo

Raquetball deadline

The deadline to register Commander's Cup raquetball teams and rosters has been moved to Friday. For more information, call George Thompson at 533-0040, or e-mail him at george.thompson@hua.army.mil.

Diamondbacks come to post

The Arizona Diamondback will be conducting kids' clinics from 4:30 p.m. - 6:30 Friday at the Youth Sports Complex (Building 49013).

Each clinic is open to the first 150 registered boys and girls between the ages of 6 and 12. The clinic will focus on the fundamentals of hitting, fielding, throwing, and specific position play. Reservations must be made by today. Each clinic includes an autograph session with select Diamondback players and broadcasters.

To reserve your free spot, call 800-821-7152.

Ponytail league

Sierra Vista Ponytail League will be registering girls Sunday, Jan. 29 and Feb. 5 at Big '5' from 10 a.m. - 2 p.m. and at the Fort Huachuca Youth Center Feb. 5 from 10 a.m. - 2 p.m. Fees range from \$45-\$60 depending on age.

For more information, call Lora Otero at 378-6236 or Judy Gustavson at 378-2024.

The League is looking for volunteers for the coaches and assistant coaches.

FHCSC Scholarship

The Fort Huachuca Community Spouses' Club is offering scholarships to graduating high school seniors and adults in continuing education.

Eligibility is limited to children of DoD civilians assigned to Fort Huachuca, to natural born or legally adopted children of active duty U. S. military members, to children of deceased military while on active duty or of retired military living in Cochise County. Adults con-

tinuing their education must be spouses of U. S. civilians assigned to Fort Huachuca. Also included are dependent children, of the above mentioned, until their 23rd birthday.

Scholarships for high school seniors are available now through the counselor's office at participating high schools. Eligible seniors and adults may also pick up applications at the Post Library, the Sierra Vista Public Library, the Fort Huachuca Education Center, and the financial aid offices of Cochise College and the University of Arizona South campus in Sierra Vista.

The deadline for submitting scholarship applications is March, 18 and should be mailed to the FHCSC, PO Box 12202, Fort Huachuca, AZ 85670. For further information or additional scholarship applications, call 439-4402.

Red Cross classes

The American Red Cross' Sierra Vista Service Center is offering the following classes in January:

Today: Adult, Child and Infant First Aid

Today, Friday, Saturday and Sunday: Instructor training

Jan. 29: Adult, Child and Infant First Aid

For more information on any of these classes, including times and costs, call Judee Ramsey at 458-4858 or e-mail svcross@c2i2.com.

EArmyU

Electronic Army University is now available to enlisted Soldiers. Soldiers can begin or complete their college degree taking online courses. Two different options available. For more information, call the eArmyU representative at 533-1019 or a counselor at 533-3010.

Adult tennis lessons

The Parks and Leisure Services will run adult tennis lessons in four one-hour increments starting 9 a.m. and 4 p.m. Saturdays. The fee is \$45.00 per person for four lessons. A U.S. Tennis Association teaching

professional will be the instructor. Registration is ongoing at the Oscar Yrun Community Center, Ethel Berger Center and the Cove. Lessons will be held at the King's Court Tennis Center. For more information, call 458-7922.

Adult basketball league

Find your basketball sneakers and all your friends because it's Parks and Leisure Services basketball season time. Cost is \$550 per team with teams consisting of 5 to 10 players, 16 and up. Games will be played throughout the week at Sierra Vista Middle School gym with registration running through January. League is scheduled to begin on or about Feb. 4. Register your team at the Oscar Yrun Community Center, the Ethel Berger Center and the Cove. For more information, call 458-7922.

New classes at MWR Arts Center

The MWR Arts Center is offering new classes. "Polaroid Manipulation" is offered 6 - 8 p.m., Thursdays. This class teaches the student how to turn an ordinary Polaroid picture into a "work of art." Cost of the class is \$28 and includes all materials.

For more information, call 533-2015 or stop by the Arts Center, located in Building 52008 on Arizona Street.

Mineral, Gem Club seeks members

The Huachuca Mineral and Gem Club meets at 7 p.m. the third Wednesday of each month at Cochise College, Room 314 on the Sierra Vista campus. Everyone is welcome to attend. Youths, with parents, are especially invited. Learn about the area's rocks and minerals

Weight loss group

Take Off Pounds Sensibly Arizona 90 meets at 6:45 p.m. every Tuesday at First Christian Church, 55 Kings Way, Sierra Vista. For information, call Joan Basnar at 803-9556.

Pet Of The Week



Max is a 1-year-old make domestic shorthaired tabby cat.



Squirt is a white year-and-a-half old male domestic shorthaired cat.

These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit forthuachucapetfinder.com. In accordance with Army regulation stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.

At The Movies

Showing at the Cochise Theater for the next week are:

Today -7 p.m.

Blade Trinity
R

Friday -7 p.m.

Flight of the Phoenix
PG-13

Saturday -7 p.m.

Closer
R

Sunday -2 p.m.

Flight of the Phoenix
PG-13

Monday - Wednesday

Closed

Reduced prices on Thursday evening and Sunday matinees.

Watch CAC

For the latest news in the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source. Tune in to our news block hours at four convenient times throughout the day. The Fort Report airs weekdays at 6 a.m., noon, 6 p.m. and 10 p.m. Army NewsWatch follows at 6:05 a.m., 12:05 p.m., 6:05 p.m. and 10:05 p.m. Catch Air Force TV News right after at 7 a.m., 1 p.m., 7 p.m. and 11 p.m. Be sure to top it all off with Navy/Marine Corps News at 7:30 a.m., 1:30 p.m., 7:30 p.m. and 11:30 p.m.

If you're interested in posting your message on the Commander's Channel, e-mail your request to channel97@hua.army.mil.



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every badge possible as a Scout. During this time he was also awarded the God and Me Medal and the Arrow of Light the only award that a Scout can wear from Cub Scouting on through to adult leadership.

The final leg of his path to Eagle began in the Washington, D.C. area. Costello was promoted to Life Scout, earned his final required merit badges and was selected for Brotherhood rank in the Order of the Arrow.

When he arrived at Fort Huachuca, Costello joined Boy Scout Troop 431, holding different leadership assignments and finishing his Eagle requirements, including a community service project of trail restoration in the Heritage Park area.

Costello presented his mother and father with Eagle Scout Parents Pins.

OLYMPICS, from Page 23

Bernstein and his partner Arnold Martinez competed in the Seniors Double Pro Set, age 55 to 59 years and took the gold medal winning 8-2.

His life long love of the game began at age 12. Since his retirement three years ago he is on the courts four times a week.

Hammond, Nash and Bernstein's enthusiasm for their respective sport is infectious. All proclaim the obvious health benefits that accompany their active interests like the good feeling of being fit. "All that free Vitamin D," says Bernstein. In addition there is enjoyment of camaraderie, the exhilaration of competition, but most of all fun.



Photo by Elizabeth Davie

Ronald Nash, DDS, of Runion Dental Clinic competes in the Senior Olympics at the Cove in Sierra Vista Friday.

**Know an outstanding athlete or a great sports team?
Send your sports news to thescout@hua.army.mil**